

NORTHERN NEVADA ADULT MENTAL HEALTH SERVICES  
POLICY AND PROCEDURE DIRECTIVE

SUBJECT: THERAPEUTIC DIETS

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APPROVAL: Rosalyn Reynolds {s}, Agency Director

I. PURPOSE

The purpose of this policy is to establish standards of practice and to ensure that nutritional care and food service is provided to the Northern Nevada Adult Mental Health Services (NNAMHS) consumers.

This policy establishes a reliable method of reporting, recording, and routing therapeutic diet orders, food and dietary requirements and nutritional support of the NNAMHS consumers and directs the Food Service Department staff of such orders, requirements, and standards of practice for optimal consumer care.

II. POLICY

It is the policy of the Food Service Department to provide regular and therapeutic diets, and adequate food and nutritional care to the NNAMHS consumers as prescribed by the dietitian, physician or nursing services. The Morrison Health Care Services Diet Manual shall be utilized as a guide when prescribing diets and shall identify and develop a scope of practice for nutrition therapy and consumer

care.

### III. REFERENCES

1. The Morrison Health Care Services Diet Manual of Clinical Nutrition Management.
2. Mental Health Facilities - Rules and Regulations of 10-22-71 Incorporated into the Nevada Administrative Code (NAC), Chapter 449 on 10-27-82

### IV. PROCEDURE

1. Consumers admitted to NNAMHS shall be placed on a regular diet unless otherwise prescribed by the physician, recommendation by the dietitian, nursing services or individual request of the consumer.
2. Diet orders shall be recommended by the dietitian or written in the consumer's chart by the dietitian or physician. Diet orders shall be communicated to the Food Service Department by nursing services or the dietitian and a copy provided to the NNAMHS Dietitian and the Food Service Director.
3. When therapeutic diets are ordered, the physician, nursing services or dietitian shall prescribe the number of grams required on a carbohydrate, sodium, fat, fiber, or protein restricted or enhanced diet. The number of calories of a reduction or diabetic diet shall be modified to meet the individual consumer caloric energy and nutrient needs. Individual calorie and snack plans shall be established and provided to the Food Service staff for implementation and adherence. Appropriate food textures and consistency such as soft, ground or mechanical soft diets shall be implemented and modified as to consumer tolerances. When clarification of a diet is needed, the Food Service Director shall contact the Registered Dietitian or nursing services for further information.
4. The nursing staff shall submit the diet order of the therapeutic diet in writing

to the food service staff using the proper diet terminology.

- A. The Nursing staff shall use a Diet Order Form to record consumer's name, diet ordered, date, and any special instructions and send to the Food Service Department within 24 hours of diet order request. Other diet changes, requests or discontinuation of a diet may be written on the same form.
5. The Diet Order Form is in quadruplicate with copies submitted to nursing services, the Food Service Director and Diet Aide and the NNAMHS Dietitian.
- A. No added salt diet or four to eight gram sodium diet is the standard diet. Modifications of sodium levels such as two grams, three-four grams or four grams may be established for individual consumer plans by the NNAMHS Dietitian.
  - B. Low to moderate fat intake range will be the standard diet. Modifications of fat levels such as 30-80 grams of fat higher or lower may be established for individual consumer plans by the NNAMHS Dietitian.
  - C. High fiber diet of approximately 25-35 grams of fiber, higher or lower may be indicated to meet individual consumer requirements.
  - D. High calorie diet plan consists of double food portions of entrée, starch, fruit and vegetable for adequate calories and nutrients regarding weight loss, malnutrition, drug and alcohol, disease conditions and nutrient deficiencies related to the nutritional risks of consumers.
6. The NNAMHS nursing service and the Food Service Director shall be responsible for distributing copies of the completed quadruplicate diet order forms.
- A. A copy is provided to the Food Service Director.

- B. A copy is filed in a kardex format in the Diet Aides office of the main kitchen where therapeutic diets are prepared.
  - C. A copy is given to the Registered Dietitian to ensure that consumers receive consultation on therapeutic diets, and that the food service staff is instructed on diet plans, food and nutrition principles for adequate consumer/diet care.
  - D. A copy is retained on the acute, intermediate and POU units by nursing staff.
- 7. Consumers receiving therapeutic diets shall be consulted by a Registered Dietitian within 24 to 48 hours to obtain a nutrition assessment, dietary history, and any pertinent information which shall be documented on the Nutrition Assessment Form and placed in the consumer's medical chart.
  - A. Any nutritional or diet recommendations shall be proposed to the nursing staff, consumer, physician or unit staff by the dietitian.
  - B. The Morrison Health Care Services Diet Manual shall be used as a reference for the physicians and nursing services when prescribing therapeutic diets and to ensure proper adherence and standards of nutritional care and diet therapy to the NNAMHS consumers. The Diet Manuals are kept on the Acute and Intermediate units and POU.
- 8. CONSUMERS ON REGULAR OR THERAPEUTIC DIETS
  - A. Consumers requiring a therapeutic diet or at nutritional risk shall be visited by the dietitian and shall be provided with nutrition information and an implemented therapeutic diet plan.
  - B. Nutrition assessments, reassessments and medical information related to consumers on therapeutic diets shall be completed and kept in the consumers' chart on the Acute, Intermediate and POU units. .

- C. Names of the consumers on therapeutic diets, food requirements and meal patterns shall be posted in the food service areas of the kitchen and on the Intermediate, Acute and POU units.
- D. When meals are being served, consumers on therapeutic diets may be served first with unit staff assistance or consumers identify themselves to the food service staff that serve and monitor the meals.  
  
The unit staff shall receive therapeutic diet updates and revisions from the Food Service Department periodically and post them on the Intermediate, Acute and POU units.
- E. The food service staff shall ensure that consumers receive the proper servings of food according to the posted therapeutic diet or instructions. Arrangements for a special meal may be prepared if the consumer's diet is not compatible with what is being offered on the menu.
- F. The Nursing staff shall be responsible for monitoring cafeteria tray line service, food and fluid intake and ensure disposal of consumer food trays, paper and plastic eating utensils after the meal service in the dining room.
- G. The consumers shall receive cafeteria style service of food items and beverages in the dining room.  
  
The food service staff shall serve to the consumers a hot or cold entrée at meals per regular and therapeutic diet plans.
- H. The food service staff shall assemble regular and therapeutic food trays for consumers eating on the Acute, Intermediate and POU units as required. The Nursing staff shall be responsible for monitoring food and nutritional intake of the consumers who eat a regular or therapeutic meal on the Acute or Intermediate unit.
- I. The NNAMHS POU unit shall receive regular and therapeutic food

trays as specified by nursing services or the POU staff. The individualized food trays are delivered by the food service staff and served to the consumers by the POU unit staff.

- J. Nursing staff shall be responsible for ordering bulk snacks on a weekly basis for the Acute, Intermediate, and POU units to be delivered weekly by the food service staff.
  - 1. The nursing staff shall distribute snacks at specified snack times in the dining room. Individual therapeutic snacks are assembled in advance by the food service staff and delivered weekly to the Acute and Intermediate units and POU for designated snack times distributed by the nursing staff on the units.
- L. Consumers who are admitted after meal service or after 5:30 p.m. shall receive a snack on the Acute, Intermediate and POU units issued by nursing services or the unit staff. POU consumers may receive a frozen dinner for a meal after meal service hours.

## 9. DIET AND NUTRITIONAL SUPPLEMENTATION

- A. To ensure that consumers at nutritional risk receive an adequate diet, additional nutrients, nourishments, nutrition supplementation and snacks shall be available to meet the nutritional needs of the consumers.
- B. Diet therapy and nutritional support shall be provided to consumers who have nutritional problems and malnutrition due to: weight loss, weight gain, recent appetite or intake changes, chewing complications and inability to consume sufficient food to meet dietary requirements, disease conditions, eating disorders, drug and alcohol and other medical factors that cause depletion in nutritional status.
- C. Regular and therapeutic diets shall be provided to the consumers that

are nourishing, palatable, well-balanced, meet ethnic and cultural practices, food allergies, food intolerances and preferences and other nutritional and dietary requirements of the consumer.

- D. Food, diet, nutrition supplements and liquid supplementation shall be ordered by the physician or the dietitian to enhance the nutritional and dietary requirements of the consumers at risk.

#### 10. ALTERING OR DISCONTINUING DIETS

- A. Changes in therapeutic diets or diet orders shall be recorded on a Diet Order Form by nursing services and sent to the Food Service Department and NNAMHS dietitian.
- B. The Food Service Department receives a daily computerized census for Acute, Intermediate and POU units that identifies current admissions and discharges of consumers. When a consumer is discharged the food service staff discontinues the therapeutic diet and the discharged consumer is removed from the diet list.
- C. Discharge therapeutic diet instructions, nutrition education and nutrition literature shall be given to the consumers or family by the Registered Dietitian that day or within 24 to 48 hours after notification by the nursing staff. A description of diet instruction, assessment of consumer's food, diet and nutritional needs shall be provided to the consumer. Nutrition recommendations and follow up shall be documented on the consumers Nutritional Assessment Form in the chart.